

The Carswell Field  
**FLYER**

MAY/JUNE 2011 | Vol 4 | Issue 3

Texas Air National Guard | Fort Worth, Texas



# A Father's Day gift

## Home from Afghanistan



More than 140 deployers return home  
Hurricane season - Life after Katrina  
Accessioning in the 21st Century

Stories in this issue...read on.

# Commander's Comments

## Welcome to June UTA



**Col. David M. McMinn**  
136 AW Commander

June and summertime are here! This UTA will be filled with the sounds of 463L pallets slamming down and forklifts humming around as we conduct our pallet building exercise. Make sure you know your units LOGDET requirements and contribute to making this brief exercise a success. The CDF will be in full swing and participation will be a MUST.

June welcomes home more than 140 members from our Maintenance and Operations Groups from their AEF deployment. These members of the 136th Airlift Wing served with distinction among their peers and deserve a hearty welcome home. But do not forget, as always, we have unit members serving in harm's way that deserve our thoughts and prayers.

Memorial Day weekend officially kicked off the Air Force's 101 Critical Days of Summer Campaign. During this timeframe, please remember to keep Operational Risk Management (ORM) in the forefront in all of your activities - at work or at play. At home, there are many

hobbies and activities that put us at risk - mowing the lawn, Fourth of July fireworks, or swimming in the backyard pool. At work, we are well familiar (or ought to be) with the hazards associated with each work area and should be able to recognize and mitigate them. And just as in suicide awareness, bystander intervention training and other programs - watch out for your wingman. If you see someone doing something dumb, dangerous or stupid, get engaged and prevent an accident. You never know, you may just save a life.

As always, welcome to drill, and let me know what I can do for you.



**Chaplain, Col. Conrado Navarro, AMC Command Chaplain, Scott AFB, guest speaker, delivers his sermon during the Annual Prayer Breakfast here at the Wing multipurpose room May 22, 2011. (photo by Tech. Sgt. Charles Hatton)**

The Carswell Field  
**FLYER**  
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**ANG** TEXAS  
AIR NATIONAL GUARD  
GUARDING AMERICA. DEFENDING FREEDOM

Cover photo by  
Senior Master Sgt. Elizabeth Gilbert  
136 Airlift Wing Public Affairs



# A Father's Day gift

## Home from Afghanistan

Story and photos by Senior Master Sgt. Elizabeth Gilbert  
136 Airlift Wing Public Affairs

NAS FORT WORTH JRB, Texas -- For the past week more than 140 members of the 136th Airlift Wing Maintenance and Operations Group have arrived here with smiles on their faces, eagerly jumping into the arms of their love ones. They arrived home just in time for Father's Day.

"I'm glad to be back," smiled Maj. Mark LaDrew, as his kids mauled him with precious hugs and kisses.

The Wing members departed here March 2011 and spent the following

months in Afghanistan defending freedom. This particular deployment was very difficult for our members as well as our aircraft. There were numerous insurgent attacks that were very close calls and caused minor damage to our aircraft.

To date the 136 AW has deployed numerous times totaling more than 6,000 Airmen since 911 in support of Operations NOBEL EAGLE, IRAQI FREEDOM, ENDURING FREEDOM, HORIZON and NEW DAWN; an average of six de-



**Eager Airmen from the 136th Airlift Wing with beaming smiles greet their loves one at NAS Fort Worth JRB after months of separation from them, June 11-13 and 19, 2011. More than 140 Airmen were deployed to Afghanistan and most have returned home.**



**Deployed Airmen from the 136th Airlift Wing arrive at NAS Fort Worth JRB from Afghanistan after months of separation and reuniting once again with their love ones June 13, 2011. The white blotches (patches) seen on the tail were caused by the hazards of war at their deployed location. (courtesy photo by NGAT)**

ployments per unit member.

"Welcome back," said Col. John Conoley, 136 AW, vice-commander, as he shook the hands of all deployers exiting the aircraft from Afghanistan and thanked them for a job well done.

Though these members are back home safe and sound, reunited with their love ones, let us not forget those who are still deployed in the war zone. Especially the family members who are left behind to care for the home front. They are just as important as their members who are

Gift continued on page 4

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Members of the 136th Airlift Wing returning from deployment are greeted by senior leaders during their arrival June 13, 2011 at NAS Fort Worth JRB.

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deployed to the area of operations in Southwest Asia. Give them your support as well as their deployed member.



More photos can be found on FACEBOOK website of the 136th Airlift Wing. Just "Like" us.

## Proposed combat pay increase

Rep. Jerry McNerney (D-CA) introduced legislation that would give servicemembers modest increases in their combat related special pays and the Family Separation Allowance. Specifically, the bill would raise the monthly hostile fire or imminent danger pay from \$225 to \$260; hazardous duty pay from \$250 to \$260; and the monthly family separation allowance from \$250 to \$285. According to information posted on his website, McNerney introduced a similar bill last year -- the Combat Act in 2010. Provisions from that bill subsequently passed the House with bipartisan support. But they obviously didn't make it through the Senate.

Learn more about this and other pay related legislation, read the Military Advantage blog.

## TRICARE covers allergy test

TRICARE beneficiaries are eligible to receive care for the testing and treatment of conditions relating to allergies. Tests administered by allergists can identify most allergies. TRICARE covers prescription medication approved by the FDA and allergy treatments administered by allergists, but it does not cover most over-the-counter medications. To see if a medication is covered by TRICARE, use the online formulary search tool. For more information about allergies, visit the National Institute of Allergy and Infectious Diseases website. For more information on the allergy services TRICARE offers and how to arrange care, visit the TRICARE website.



# By the **grace** of God

## Life after **Katrina**

Feature story by Senior Master Sgt. Elizabeth Gilbert  
136 Airlift Wing Public Affairs

**H**urricane season is upon us again. Six years ago the biggest hurricane hit the coast of Louisiana devastating New Orleans and wiping out entire communities. More than one million people were displaced. Among them was Patricia J. Johnson, chaplain's assistant, 136th Airlift Wing, Texas Air National Guard. Her story will inspire those who are facing life's challenges and feel they are hopeless, "For they that wait upon the Lord shall renew their strength," Isaiah 40:31.

On Aug. 27, 2005, Saturday-- an order was given to coastline regions of Texas, Louisiana and Florida to evacuate away from the coastal areas. The southern coastal communities were getting ready to brace themselves for a category 3 storm at landfall.

"We evacuated on Saturday, Aug. 27, 2005, before the storm hit and headed to my sister's house in Jackson, Miss.," said Johnson.

For the past 35 years, Johnson and her family evacuated every year for some type of storm or hurricane... it became a

routine. So this particular time was no different and they packed minimal clothing thinking they would return in a couple of days.

By Aug. 29, 2005, Monday—Katrina made landfall at category 3.

The hurricane made its landfall... Katrina made its name known throughout the world. Katrina was one of the five deadliest hurricanes in the history of the United States. More than 1,800 people perished and the total property damage was estimated at \$81 billion. The most significant amount of deaths occurred in New Orleans, La., which flooded as the levee system catastrophically failed; in many cases hours after the storm had moved inland.

For a lot of displaced persons, there was no going back. Entire communities were lost, devastated in some cases annihilated. The Johnson's home was no exception. They had lost everything to Hurricane Katrina.

"I thought about heading to my mother's house in Mississippi, but she already had a packed house with 18 relatives already living there. I could not burden her anymore," continued Johnson.

"Then, I heard this

voice in my head that told me to head for Dallas, Texas, to Potter's House."

With the clothes on their backs, two outfits each for Johnson and her two boys, and their essential papers, they headed for Dallas, Texas.

"Never been to Dallas before... nor having family or friends there. I ended up in Mesquite, and stayed the night at a hotel," said Johnson.

The following day the hotel reimbursed Johnson for their lodging because a church had paid for every displaced person's stay that night. The hotel clerk informed her about apartment leases that were being given to displaced victims through FEMA, with all expenses and furnishings covered; all in one day.

"The next day on Sept. 1st I headed to Potter's House to seek for relief. They gave us food, clothing and information on resources for relief assistance to start a new life," continued Johnson. "There was no going back to New Orleans. We had lost everything in one day and in one day we gained a new life."

With her two boys in tow, she headed for the relief center located at the former Reunion Arena to apply for unemployment benefits and other assistance



**The devastating power of Hurricane Katrina toppling buildings in New Orleans, La., Aug. 31, 2005. (U.S. Air Force Photo by Senior Master Sgt. Elizabeth Giblert)**



**Flood stricken New Orleans, La., caused by Hurricane Katrina after the levees broke, Aug. 31, 2005. (U.S. Air Force Photo by Senior Master Sgt. Elizabeth Giblert)**

FEMA was offering. To her astonishment she became the first recipient of the 'Welcome Home Project'.

"By Sept. 15th, by the grace of God we moved into our first single family dwelling home in Texas provided by the Department of Housing Urban Development (HUD)," exclaimed Johnson. "I was the first recipient of the 'Welcome Home Project' for displaced neighbors! Today, by God's grace I can say that I am a proud owner of this home. I was able to purchase the home from HUD."

Although having a home provided by HUD with all the furnishings for her family, life was still very difficult for the Johnson's. The domino effect of the hurricane took its toll on our economy as businesses were wiped out or closed down due to the power of Katrina.

"I was unemployed for seven months and life was financially excruciating. I could not find a job that could support my family. I was offered a job that paid \$8.00 an hour, not even enough to pay for all our necessities," smiled Johnson. "Again, by the Grace of God, after months of waiting I was offered a job similar to what I was doing in New Orleans."

Prior to Katrina, Johnson was employed by the U.S. Navy contractors in New Orleans, La., and through that contact she was reestablished in a new position here at NAS Fort Worth for the past four years. Just recently, she became a certified computer literacy and robotics teacher for fifth and sixth graders.

She was in the Navy Reserves for eight years from 1999-2007 and in 2008 she enlisted with the Texas Air National Guard, where she is a chaplain's assistant sharing her passion to help others.

Website: <http://www.hud.gov/katrina/2005-10-24la.cfm>



Staff Sgt. Patricia Johnson, Chaplain, Capt. Thomas Tucker and his mother prepare the meal for the Prayer breakfast held at the Wing multipurpose room May 22, 2011. (U.S. Air Force photo by Tech. Sgt. Charles Hatton)

# Mission Ready

Commentary by Master Sgt. Nora Castro  
1st Sgt. 136th Civil Engineers Squadron

With Memorial Day just behind us and a full schedule ahead of us, I would like to take the time to put some things into perspective. We just paid our respects to a fallen Soldier, Army Private Andrew Krippner, a 20 year old from Garland, Texas, killed by an IED last Monday in northern Afghanistan. It was his first deployment and last...he made the ultimate sacrifice for his country.

Having said this, it is imperative that we take the time now to plan accordingly and be technically, physically, mentally, and spiritually ready to accomplish our mission. Times are constantly changing

and we must be ready at all times. Moreover, ensure you make time for your familia. On more than one occasion our commander has said, "the family sacrifice is greater, for they maintain a household and support us from a distance, with little or no training."

The Air Force provides us all with a multitude of networks, programs, and resources to help balance all the tasks that are expected from us. Need assistance or guidance on a particular issue please let your 1st Sergeants know and we will guide you to your subject matter expert. Take care and know it's a pleasure serving with all of you.



Members of the 136th Airlift Wing Base Honor Guard give honor to one of our Fallen during a funeral service held for a former Wing member, Landon C. Studer, March 13, 2011. (U.S. Air Force photo by Senior Master Sgt. Elizabeth Gilbert/ released)



JOHN CORNYN  
TEXAS

**United States Senate**  
WASHINGTON, DC 20510-4305

May 28, 2011

2011 Memorial Day Celebration

Dear Friends:

On this Memorial Day, in ceremonies and gatherings across the state, we are united as Texans and Americans in paying tribute to the generations of heroes who made the ultimate sacrifice to defend and ensure our freedoms.

We honor those who fought in the American Revolution and those who stormed the beaches at Normandy and the South Pacific to liberate millions from tyranny. We remember those who defended our great nation in Korea and Vietnam, as well as our current generation of heroes who have died in the fight against terrorism in Afghanistan, Iraq and around the world.

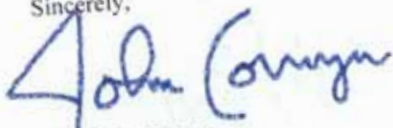
As the son of a World War II B-17 pilot, Memorial Day is one of reflection and gratitude for me. My father spent 31 years in the military, and from him I learned the value of patriotic service. While my father, now deceased, was fortunate to return from the grips of war to live with his family in peace, so many of his fellow warriors did not. On Memorial Day, we honor not only the fallen, but the families of the fallen as well. These men, women and children demonstrated great strength and courage through difficult times and persevered through the loss of their loved ones.

Our men and women in uniform have chosen to pursue the most honorable and selfless job in America. As members of the United States Armed Forces, they represent hope for the downtrodden, freedom for the oppressed, and safety and security for the homeland. On Memorial Day, we salute their service and sacrifice, remember the loved ones they have left behind, and pray for the safe return of those who are now overseas defending our freedom.

This Memorial Day, I look forward to joining the future generation of military leaders in honoring the sacrifices of those who served before them. Every year, I have the honor of hosting a send-off ceremony for Texas students attending our nation's military academies. I am always humbled to meet these fine young Americans who will carry the torch of the countless heroes we honor on Memorial Day.

May God bless you, your families, our veterans and our troops, and may God continue to bless this great State and Nation.

Sincerely,



JOHN CORNYN  
United States Senator



**136<sup>th</sup> Airlift**  
Ft. Worth, TX Wing



*Capt Steven Taylor*  
*136 AW Trafficking in Persons Coordinator*  
*COMM: 817-852-3478*  
*BB: 817-658-6132*

# Texas gets tough on **Human** trafficking

By Capt. Steven Taylor  
136 AW Trafficking in Persons Coordinator

**W**e all know that human trafficking is a form of modern-day slavery that forces people to work against their will under threat of violence. Often men are forced to work in dangerous jobs for low wages without proper safety equipment. Women and girls are often forced into prostitution. The victims may work for years at low pay to pay off the traffickers who lured them in with promises of work and a better life. They are powerless and voiceless and in most cases, if they are to be rescued outsiders must recognize what is happening and intervene.

Texas is a major player with regard to human trafficking within the United States. Texas is a crossroads for trade with Mexico and Latin America. Six of the 10 ports that do the most trade in dollars with Mexico are in Texas.

The same geographic and cultural factors that make Texas an excellent entry point for legal commerce also make it attractive to illicit trades, including human trafficking. According to a report from the Texas Attorney General's office, one out of every five victims of human trafficking in the United States travels through Texas.

This year, the State of Texas has gotten tough on human trafficking. Repeat con-

victions for trafficking humans for sex or forced labor in Texas will mean life in prison under legislation ceremoniously signed into state law by Governor Rick Perry, on May 25, 2011.

What the law means

Senate Bill 24 accomplishes several things:

It creates a new offense for compelling prostitution by adult and child victims, toughens conditions for parole and bail, and defines prosecutable forms of human trafficking in forced sexual acts and forced labor. Trafficking in children becomes a first-degree felony punishable by five to 99 years to life in prison, plus a fine of up to \$10,000.

Sex traffickers would have to register with the Texas Sex Offender Registry, and judges would have discretion to order human traffickers to serve consecutive rather than concurrent sentences.

The measure also strengthens protections for victims, many of whom are runaways from other states or may be reluctant to speak out against their captors.

House Bill 3000 creates the new first-degree felony of Continuous Trafficking of Persons, which carries a punishment of life without parole upon a second con-

viction.

There are more than 17,000 human trafficking victims in Texas each year.

At the local level, Robert Sanborn, president of Houston-based Children at Risk, said the laws give local prosecutors the tools they need to go after traffickers in their communities.

"I think the biggest difference is that, in the past, it's been easier for us to prosecute the traffickers and put them away by using federal law," he said. "This makes it easier for county attorneys, district attorneys on the local level to join in that fight."

Remember as members of our nation's military we must never support or contribute to the scourge of human trafficking. Do not patronize establishments that are likely to be involved in human trafficking.

If you suspect a case of human trafficking, call the 24-hour, multilingual National Human Trafficking Resource Center at 888-3737-888. All calls are confidential. If you suspect that someone is a victim of human trafficking makes sure to notify your local law enforcement agency, AFOSI or Security Forces at 817-852-3700.



# Facebook **friend** or foe

Commentary by Major Wayne Sanaghan  
136 Civil Engineers Squadron

If you chose June 2011 as the month Facebook would activate facial recognition after stating they wouldn't enable facial recognition, step up and claim your prize. By default it is set to identify you in any picture anyone posts.

Facebook's financial model is based off gathering as much information as you as possible. Data gathering and sharing is built right into their website.

Example: Privacy settings make "Share with everyone" an easy to select pull-down. The option to share with very few people or "no one" are hard to find. It takes several more mouse clicks to customize each individual field. The site is designed to make privacy difficult.

Side note: The picture of a lock is next to "how many people do you want to share this with" is social engineering just like a phishing email from a fake website designed to look like your bank and get your account login. The lock image is designed to take advantage of trust we have in a lock. Do me a favor--set your wallet down in the mall with a picture of a lock on it, and see how long that picture protects it. Also, tell me when you do it so I

can steal your wallet.

General Advice for Facebook settings: (Pretend you are being hunted by Seal Team Six.)

- \* Under the "Things I share" I recommend setting to no higher than "Friends Only" and disable the "people here now can report where I am" check-in. If you're meeting your friends in a bar, they should be able to see you with their eyes, or you can text them.

- \* Under "Settings under things other people can share":

- Photos and video's you're tagged in: Friends only

- Suggest photos of me to friends (facial recognition): Edit settings and disable.

- Friends can check me into places: Edit settings and disable. You don't want your friends telling the world where you are.

- \* Same for your contact information--I fake mine. My friends already know my address and phone. Why does Facebook need to know, why do they need to tell everyone?



**254th Combat Communications Group celebrated their Family Day June 11, 2011 at Hensley Field Air Guard Station, Grand Prairie, Texas. Can you guess who this is? (Courtesy photo by Joshua Gilbert)**

- \* Review "things I share" and set to whatever you like. I suggest never using "Everyone." Really, does everyone need to know?

## Heritage Luncheon

The 136 AW Heritage Luncheon will be held on Sunday, June 26, 2011 at 1100. All food will be accepted in the Multipurpose room anytime after 0900. Services has kindly provided warming devices that will warm the food in time for lunch. If you choose to warm up your own food, the food must be in place by 1040.

The Enlisted Advisory Council is asking that you write the name of the food on an index card along with what major ingredients are in the dish (for food allergy purposes) and place it on the front of the dish. Follow the link below to see a listing of donated food dishes. If you have not volunteered to bring a dish but would like to, please add your name to the roster. Please join the festivities! It will be a fun time with food and entertainment for all.

W:\shared\136 WING HQ STAFF\HRA\Enlisted Advisory Council\Heritage Luncheon

# Are you **pregnant**?

By Staff Sgt. Carla Whiteside  
136 Medical Group/Public Health Technician

**M**any factors affect the health of the unborn child. Exposure to these factors may lead to premature death of the fetus or birth defects. Adverse influences to the unborn child include smoking, drinking alcoholic beverages, and a poor diet. Also, environmental factors such as excessive exercise/heat and lead or radiation exposure in the workplace may have detrimental effects on an unborn child. Infectious diseases such as German measles, food poisoning, and toxoplasmosis (from cat litter boxes and undercooked pork) may also damage the fetus.

The first three months of a pregnancy are the most sensitive to the above environmental and disease threats, because that is when the cells are multiplying the fastest and are most susceptible. This is the reason early education and profiling

are so important at the earliest date of pregnancy detection.

When a member of the 136th Air Wing realizes that she is pregnant, she is required to notify her supervisor and report to Public Health as soon as possible. It is important that she bring documentation of pregnancy from her private physician which includes the estimated date of delivery.

Any questions concerning your pregnancy or scheduling an appointment may be directed to the 136th Public Health Office at 852-3713.

IAW ANGI 40-104 (Pregnancy of Air National Guard Personnel), a 136th Air Wing member must report a confirmed pregnancy to her supervisor and Public Health at the earliest possible time to allow her unit to accurately report opera-



tional and readiness capability, and to assess the member's work environment for potential hazards. Each pregnancy must be verified with written confirmation from the member's primary OB provider and include the estimated date of delivery.

## Tuition **Reimbursement** Program

A state representative for the TRP program will visit the 136 AW on 25 June 2011 from 1400-1500 in the Multipurpose room in an open forum to answer any questions on the TRP program. All members are encouraged to attend if they have utilized the program in the past or plan to use the program for the upcoming Fall 2012 sessions. It will be a great opportunity to get those unanswered questions addressed.



# Protecting one's **PII**; It's the law

By Tech. Sgt. Lyza M. Beaudreault  
136 AW Communications Flight

**D**id you know that a service member's mother's maiden name or place of birth could be considered Personally Identifiable Information? Did you know in 2009, the National Archives and Records Administration inadvertently allowed for 76 million US military veterans' PII to be compromised and published to the public? Did you know that PII must be stored on network drives? Understanding what can be considered as PII and reporting a PII compromise immediately is not only the best practice against identity theft, but it is also the law.

PII is anything that can be used to distinguish or trace a service member's identity. Examples include but are not limited to their mother's maiden name, financial information and marital status. It also includes the age/sex of service member's children and home of record. A criminal can easily use just one piece of information, but imagine what can be done with more.

According to the Identity Theft Resource Center, there have already been 195 PII breaches for 2011, exposing more than 11 million. Incidents like the 2009 National Archives and Records, allow imposters to obtain PII to use for check fraud, credit card fraud, financial identity and criminal identity theft. These kinds of crimes very rarely leave a paper trail and cross jurisdictions, making them very difficult crimes to prosecute. It is for these very reasons there are three main components to protecting PII – access control, physical security and privacy breach reporting procedures.

Controlling access to PII include methods such as the Common Access Card with a Personal Identification Access Card and restricting file and folder permissions to documents on shared drives. Physical security requires users to store PII data on network drives and not workstations. Users can access PII data when working on another base by e-mailing PII data via encrypted mail to their military e-mail addresses. E-mail messages must be digitally signed and encrypted with "FOUO" in the subject line and the privacy act statement as the first line in the body of the message. Do not include the statement on every e-mail that is sent and under no circumstances are users allowed to e-mail PII data to nonmilitary accounts where encryption cannot take place. If a privacy breach or compromise has been discovered, the discovering individual is required to report it immediately. Criminal and civilian penalties can be held against the responsible party and agency. Becoming diligent with all three components is not only essential but required by law.

Understanding what could be considered PII, how crimi-

nals can use PII, and the required methods of protecting PII are necessary to protect one's self and fellow service members from identity theft. It is also everyone's responsibility. To learn more about PII Data and how to protect it, contact your local troubleshooter.



**Members of the 136th Force Support Squadron ensure all PII files are filed away under lock and key. Recently all personnel records have gone digital through Virtual MPF. (U.S. Air Force photo by Senior Amn Andrew Dumboski)**

## NOTABLE QUOTE

*"You must now dial the prefix phone number to reach anyone on base.*

*...852-3344 - Public Affairs"*

*--Communications Flight*

# Around the **Wing**



## Retirement **Senior Master Sgt. Carlos Borrego**

When: May 22, 2011  
136th Comptroller Flight  
Superintendent



## Retirement **Senior Master Sgt. Dennis A. Owens**

When: June 11, 2011  
221st Combat Communications Sq.



## Retirement **Master Sgt. Ann Powers**

When: May 22, 2011  
136th Force Support Squadron

If you have an announcement please submit to  
[136AW.PA@ang.af.mil](mailto:136AW.PA@ang.af.mil)



# THE HAPPENING

There were so many retirements this past May and June. The Wing had more than 15 retirements from various units including the 221 CCS, the 254 CCG Family Day/Open House, a finiflight, Commander's Call and numerous homecomings that kept the Wing hopping all month long. (Photos by Senior Master Sgt. Elizabeth Gilbert ,Tech Sgt. Charles Hatton and Senior Amn Andrew Dumboski)



# The Work Place

Airmen from the Wing are everywhere. Their work place...where ever they showed up to do what they do best, representing the Texas Air National Guard with pride. (Photos by Senior Master Sgt. Elizabeth Gilbert and Tech Sgt. Charles Hatton.)



136th Airlift  
Ft. Worth, TX Wing





Senior Master Sgt. Elizabeth Gilbert, 136th Airlift Wing, Texas Air National Guard, Public Affairs interviews Former Army Sp4c Michael J. Fitzmaurice, Vietnam Medal of Honor recipient using her iPod as the recording device. The iPod, a small portable electronic device that has many uses including storage, music player and Wi-Fi capability for uploading data via internet. (U.S. Air Force photo by Tech. Sgt. Charles Hatton)

# Accessioning in the **21st** century

Story by Senior Master Sgt. Elizabeth Gilbert  
136 Airlift Wing Public Affairs

NAS FORT WORTH JRB, Texas--A photographer rushes to the scene of jeering family members as they embrace their love ones returning from a deployment; full of emotion and exuberance, capturing the essence of the moment and communicating it to the public instantaneously.

Here at the 136th Airlift Wing, Texas Air National Guard, Tech. Sgt. Charles Hatton a Public Affairs photographer uses the latest technology of the 21st century to upload his images to Air Force Public Affairs website moments after shooting a photo.

"I shoot a series of images... I stop for a moment... I pull out my iPad and the photos are there waiting for me to edit and caption then send it to where it needs to go," said Sergeant Hatton, "after a few more minutes, I check the Web with my device and it's received. How awesome is that?"

A photographer's edge in this day and age is the expediency of how fast he can accession an image moments after shooting it to anywhere in the world. Imagine capturing an image and within a couple of minutes it reaches the intended audience, edited and captioned; the first image of an incident posted on the Web, credited and telling the story moments after happening.

The professional photographer must compete amongst the amateur camera phone photographers who post their images instantaneously on Facebook or any social media sites. The professional must tell their story with brevity, accurately and expediently.

Click, click, click...his camera shoots over 20 photos. He pauses for a few minutes to pull out his iPad, a small portable-computer device that allows him to view, edit, caption and accession his image to the Web. He chooses the one image that tells the story and sends it into cyberspace, without disrupting the operation of his camera. He uses the Wi-Fi technology available on his Base with the "Eye-Fi", a removable Wi-Fi gadget on his digital camera synched with his iPad.

The "Eye-Fi" can also synchronize with the iPhone, iPod 4th generation or smart phone technologies using Android or Mac operating system.

"We have tested the Eye-Fi with our iPhones and iPods and it seems to work seamlessly," said Tech Sgt. Craig Lifton, 136 AW, Public Affairs, broadcast journalist and photographer, "the cool feature about using the iPhone is that I can send the photo via text message using my phone carrier instead of Wi-Fi."

The technology that Sergeants Hatton and Lifton are using is in a testing phase to see how feasible and effective the Wi-Fi devices are without compromising security. Operating instructions (OIs) and standard operating procedures (SOPs) are meticulously created to insure all images are cleared for release.

He no longer has to carry a clunky laptop computer, adding weight to his already heavy camera equipment. The portable device (iPod/iPhone) weighs less than half a pound and fits in the ABU uniform pocket. Portability in a true sense.

# You are... what you eat

Commentary by Senior Master Sgt. Edward Walden  
136 Force Support Squadron/Sustainment Services Flight

**B**eing informed is a great way to ensure you are eating right and doing the proper exercises. In the past I have written about making sure you have a plan before you go to the gym. How about making sure you have a plan before you go out to eat or make your meals at home.

One of my previous newsletter articles dealt with reading the nutritional labels ensuring you understood what you read. Now, I want all of you to try to focus on making sure you order and/or make the right type of food when you sit down to eat.

There are a lot of great books that have been published which will help you make the right choices. I have come

across “Pick it Kick it” or “Eat this Not That” and there are a few more out there. These books give you a basic understanding of some of the choices you should

*Do yourself a favor and do a little research on the foods you eat.*

make when it comes to your food. For example, twenty five Emerald Cocoa Roast Dark Chocolate Almonds have just 150 calories and contain healthy fat. One large 2.5 oz Chocolate Chip cookie has 350 calories and 8 TSP of sugar.

Wow...I would rather get my chocolate fix by eating the almonds than by putting on an extra inch or two with just one cookie.

Do yourself a favor and do a little research on the foods you eat. The two books mentioned above are just a small example of some great knowledge that can be at your fingertips. Don't forget, you can always view a free copy of these books at your local library.



## A Back\*Pack Journalist

**A**re you looking for something for your child to do over the summer?

The 136th Airlift Wing is hosting a A Back Pack Journalist workshop here at the Wing headquarters Sunday, July 17 through Tuesday, July 19, 2011.

The workshop is open to the family members of the Texas Military Forces from age 11 entering 7th grade or age 18 in the 12th grade. A registration form is included in the back of this newsletter.

A Backpack Journalist, LLC is an educational services and event support company based in Houston, Texas, providing curriculum, workshops and events for Military Youth 6-11 and 12-18 to assist them through the deployment cycle, including reintegration.

A Backpack Journalist curriculum and training on various media in an open classroom setting and mobile lab, allows military youth to express themselves and help connect with their parents/family/ other youth.

Our curriculum support events for the Yellow Ribbon Program, YLEAD weekends and CAMPS, weekend retreats that support Military Youth and FRG Volunteer Symposiums.

A Backpack Journalist, LLC has a staff of nationally recognized teachers who have years of experience in their subject matter, love of working with youth and appreciate the value and sacrifices that military youth have faced via deployments

A Backpack Journalist, LLC has a na-

tional INTERN PROGRAM consisting of military youth who have taken the course, graduated and wish to assist our teachers in a continued learning environment.





# Wing Safety Snip-Its

Guidance on use of headphones while running  
(Prohibited by DOD which trumps earlier AFI)

DODI NUMBER 6055.04

April 20, 2009

Incorporating Change 1, April 2, 2010

AIR FORCE INSTRUCTION 91-207

22 MAY 2007

Safety

THE US AIR FORCE TRAFFIC SAFETY  
PROGRAM

## 3. PEDESTRIANS AND BICYCLES (HSPG NUMBER 14)

a. Pedestrians. Emphasize pedestrian safety in the overall traffic safety program.

c. Listening Devices. Prohibit the use of portable headphones, earphones, cellular phones, iPods, or other listening and entertainment devices (other than hearing aids) while walking, jogging, running, bicycling, skating, or skateboarding on roadways. Using listening devices impairs recognition of emergency signals, alarms, announcements, approaching vehicles, human speech, and outside noise in general.

3.2.3. Wearing portable headphones, earphones, or other listening devices while operating a motor vehicle, running, jogging, walking, bicycling, or skating (e.g. roller skates, roller blades, skateboards, etc.) on AF installation roadways is prohibited, with the exception of a hands-free telephone headset or single-bud earpiece. This does not include the use of hearing aids, nor does it negate the requirement for wearing hearing protective equipment where conditions dictate their use. EXCEPTION: Motorcycle helmet intercom system between operator and passenger is permitted.

# Strong Bonds... Labor Day

## A Word from your Wing Chaplain

Chaplain, Major Xolani Kacela  
136th Airlift Wing Chaplain

**D**oes your family need a break in the action, time to reconnect with one another? Are you feeling like you want a weekend getaway to somewhere loaded with family fun? Well, look no further. Have we got a deal for you!

The Strong Bonds Family Wellness retreat is coming to the 136AW in September during the Labor Day weekend at a premier hotel. And check this out: it is totally free! Now is the time to sign up you and your family for a great time.

You may ask, what exactly is Strong Bonds? And why should I use my Labor Day weekend to attend? This is a program that the military sponsors for members to strengthen their families

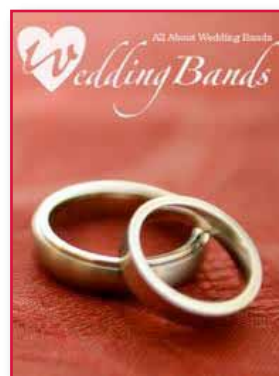
and personal relationships. Families will attend the weekend workshop which will improve communication and relational skills. Chaplains Robert Stone and Nathan Tucker will facilitate the workshops.

Right now, we need you to sign up and reserve your space. Although this event will not happen until September, we would like you to go ahead and get it on your calendar. We hope this gives you and your family time to discuss the details and plan to attend.

Children ages 0 - 6 will be in a safe environment with activities and games just for them. Youth ages 7 - 12 will be given the opportunity to participate in programs that work hand-in-hand with what their parents learn in their workshop. All other youth are en-

couraged to attend the general sessions with their parents.

To sign up or ask questions, please call Mrs. Heidi Bearden, Airmen & Family Readiness Program Manager, at 817.852.3558 or heidi.bearden@ang.af.mil. You may also contact the chaplain staff at 817.852.3221. All families are welcome.



## The 136th Airlift Wing is on Facebook!!

Visit the link below to sign up

<http://www.facebook.com/group.php?gid=100700386058>



### *Band on the Run...*

**Blue Hawk--531st Air National Guard Band of the Gulf Coast, Latin Pop/Rock Band:**

Blue Hawk arrived on station and immediately went to work. Their first gig was on Memorial Day at 0300. They played in support of the Bolder Boulder 10K.

They have been steadily working since their arrival to support the troops. They have a full schedule of gigs until Their return in mid-July. (You may want to also check out the Friends of Blue Hawk on Face Book).





136th Airlift Wing  
**Vacancies**  
**Hot jobs!**  
**Flight Engineer**

**3C3X1 - COMMAND POST**  
**J1W0X2 - (5) COMBAT WEATHER**  
**1A1X1 - (2) FLIGHT ENGINEER**  
**2A6X2 - AEROSPACE GROUND EQUIP**  
**3E4X1 - (2) WATER/FUEL SYSTEMS**  
**3D0X3 - CYBER SYSTEMS SURETY**  
**3E2X1 - (2) PAVE/CONSTRUCTION EQUIPMENT**  
**1P0X1 - AIRCREW FLIGHT EQUIPMENT**  
**2T3X1 - VEHICLE EQUIPMENT MAINTENANCE**  
**2T2X1 - (2) AIR TRANSPORTATION**  
**2A5X1 - (2) AEROSPACE MAINTENANCE**  
**2A6X1 - (2) AEROSPACE PROPULSION**  
**1C7X1 - AIRFIELD MANAGEMENT**  
**3N1X1 - (6) REGIONAL BAND**  
**3M0X1 - (2) SERVICES**  
**3P0X1 - (7) SECURITY FORCES**

Officer Billets please visit [www.agd.state.tx.us](http://www.agd.state.tx.us) or Texas Military Forces for officer vacancies.



POC: Heidi Bearden, Airmen and Family Readiness Program Manager Office: (817)852-3558

## WORKSHOP REGISTRATION FORM

- ★ Writing (plus gathering and reporting)
- ★ Photography (finding self esteem through the lens of a camera/cover the assignment)
- ★ Song writing (lyrics with meaning put to rhythm and a "beat")
- ★ Cowboy Poetry (real Cowboys off the ranch share research, remembering, writing and reciting)!

Youth Name: \_\_\_\_\_ T-shirt size \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Service member name: \_\_\_\_\_

Cell phone/emergency: \_\_\_\_\_

Youth Cell: \_\_\_\_\_

Email address for contact: \_\_\_\_\_

Age of youth being registered: \_\_\_\_\_ (age 11 entering 7th grade or age 18 in 12th grade is permitted)

## SCHEDULE

Sunday 7/17: 5 – 8 PM

Monday: 9 – 9 PM

Tuesday: 8 – 5 PM

Dinner (parents invited):  
5 – 6:30 PM

Final presentation:  
6:30 – 8 PM

## TELL US A LITTLE ABOUT WHAT THE YOUTH IS INTERESTED IN:

\_\_\_ writing/journaling

\_\_\_ cowboy poetry

\_\_\_ photography

\_\_\_ technology applications

\_\_\_ songwriting

\_\_\_ broadcast journalism

**TO ALL YOUTH:** Please bring your laptop (if you have one), digital camera, favorite photos of an important person in your life with you at different ages – (CD, thumb drive, prints). Make sure they are clearly marked with your name. **Bring a minimum of 2 GIG memory stick or thumb drive.**

Signed by: \_\_\_\_\_ Please print name here: \_\_\_\_\_

Call Heidi Bearden: (817) 852-3558, fax (817) 852-3289 or email [heidi.bearden@ang.af.mil](mailto:heidi.bearden@ang.af.mil)  
A Backpack Journalist office - (404) 314-8007 fax (404) 325-0598

[WWW.ABACKPACKJOURNALIST.COM](http://WWW.ABACKPACKJOURNALIST.COM)